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Check rvrr.org for latest club info.

Reviewing the Running Stuff Out There

by Philip McGoff

This month: The Silence of Great Distance: Women Running Long, written by Frank Murphy

This book moved me, but it wasn't what I expected. Much of it details the running career of Stephanie Herbst from her high school career in Chaska, Minnesota (have I mentioned that I grew up in Minnesota?) through her college career at Wisconsin. It also talks extensively about Kathy

Ormsby of North Carolina State. The key interaction between the two is the crossroads of the book. This takes place in Indianapolis late on the evening of June 4, 1986, at the NCAA track and field championships. At the start of the 10,000 meter race, Herbst, a sophomore, is one of the favorites, being the two time Big Ten champ at the distance. Ormsby is also one of the favorites, being the current collegiate record holder at the distance. As the race progresses, the lead pack

drops most of the pretenders. At about 6400 meters, Ormsby starts to lose contact with the leaders. As Herbst starts her drive for home with 8 laps left, Ormsby drops out of the race, runs up some steps of the stadium, out of the stadium, across an adjacent softball field, climbs the fence around the field, runs a few blocks down the road, and jumps head first off of a bridge. As Herbst wins the race in a new collegiate record, Ormsby lies next to the White River,

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Another Mile in the Presidents Shoes

By Pete Priolo

Hope your summer is going very well.

A group of us just came back from the Boiler-maker 15K Run in Utica. For a road race, the town certainly knew how to put on a show! It seems like the whole town was out there cheering us on, from mile to mile. And afterwards, the post race party at the F.X.Matt Brewery was the best. They had a couple of fighter jet "fly-bys", a very

noisy fireworks display launched from the top of the brewery building, a very good band playing, lots of dancing, and, of course, the endless flow of Saranac Beer cascading off of the beer trucks and into the mouths of the cheerful runners. Several of us, including me, expressed going back next year.

First, I like to thank our Guest Speaker Mike Mykytok for being at our General Membership

Meeting in June. It was a pleasant discussion about his training techniques. The Anniversary Run also went off without a hitch. Rain threatened our club photograph but held off in time for a couple of good photos. The photo is on our website in case you want to look.

The Summer Series is now history, and we've had another successful outing in Donaldson Park. With the third race,

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Reviewing the Running Stuff Out There

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paralyzed from the chest down.

Some of this book was what I expected to see, and some of it was not what I expected to see. The part that I expected to see was rather mediocre. The part that I did not expect to see was excellent. I thought that this was going to be an in depth history of the early days of women's distance running. I did not expect to see over half the book devoted to Stephanie Herbst. But her story is quite something. The book starts with her high school career in Minnesota, which was solid, but hardly spectacular. She won a state title or two or three in the small school division, but she was not dominant. During the early part of the book, it is hinted that she walks away from competitive running while still the collegiate record holder at 10,000 meters. The reasons are not clear, but it is not due to injury.

After introducing Herbst, the history part begins. It starts with women's athletics in general in the first half of the 20th century, tells of

some of the very early US women trying long distance running, then details much of the career of three women. The first is Doris Brown of the US, who is probably the first great female distance runner. She would win the first five world cross country championships held for women in the late 1960s and early 1970s. The book then documents much of the career of Tatyana Kazankina of the Soviet Union. She is used as the leader of an entire vanguard of Soviet bloc athletes who dominated women's distance running throughout the 1970s and into the 1980s. Then the focus returns to the west in the form of Mary Decker of the US, who showed that women from the west could compete with the formidable eastern bloc. Decker's story ends in her unfortunate fall at the 1984 Olympics, when she tangled with Zola Budd of South Africa, running for Great Britain.

The story then returns to Herbst, who began her college career shortly after Decker's Olympic fall in 1984. Somehow Herbst's story is supposed to continue the arc

that started with Brown, and went through Kazankina and Decker. I really don't see it. The history of Doris Brown is excellent, probably because I didn't know much of it. The section on Kazankina is borderline mind numbing, in that it includes about 500 names that end in -ina or -ova. I am a hard core track fan, and I couldn't keep them straight. It's kind of like watching the Boston marathon most years, and seeing 10 to 20 short Kenyans with nearly identical names like Kiprop, Rop, Kipkemboi, Kemboi, etc. It's just really hard to tell them apart, especially when they wear the same uniforms. (Note that one of the teams got smart and put their last names on the front of their singlets.) The early part of the Mary Decker story is worthwhile, especially if you didn't know how really good she was as a teenager. And by teenager, I mean 15 years old. Think 2:01.8 for an indoor 800 meter at age 15. For reference, the current collegiate indoor record is 2:01.65. The

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Another Mile in the Presidents Shoes

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a couple of drops of rain did come down, but it mostly held off for the race. The race has been blessed ever since its inception, always dodging the downpours. Hopefully this will continue to happen. The Awards Picnic will commence at noon on September 8 at the gazebo at Donaldson Park. There will be egg tosses, frisbee throws, croquet games, and of course, beer and food.

Fall is coming around the corner, and the East Brunswick 10K Committee is starting to ask for you to step up and volunteer for the race. The date for the race is October 13. If you are available, please talk to Ray Petit and he will gladly take your name down.

And since it's fall, the Grand Prix will resume with the title race, the Liberty Waterfront

Half-Marathon on September 29. This is a championship for all teams. If you are not currently on a team and want to be on one, please call one of the team captains and he will put you down. The team captain's contacts are on the www.rvrr.org website.

Good luck the rest of the summer, and I'll see you at the races.△

Reviewing the Running Stuff Out There

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girl was frighteningly fast. I remember seeing on TV a US-USSR indoor dual meet when Decker was about 15 (does anyone else remember when track was on TV?). She got jostled by a much larger Soviet runner during the 4x800 relay, and after the race she whipped the baton at the Soviet. Such spunk out of a tiny girl. But since I knew most of her history, this part was not of much interest to me.

Herbst's story is very interesting, as it follows her career from solid contributor to team leader. As a freshman, she was fifth runner on the team that won the NCAA cross country championship. A solid effort, but she was hurt when her coach was excited that they won the championship and had four All-Americans. Four All-Americans, but she was fifth runner. She wanted to be included in the excitement of the coach. So she redoubled her efforts and ended up winning the outdoor Big Ten championship at 10,000 meters, in a huge upset. By her sophomore year of cross country, she was the unquestioned team leader and one of the best in the nation. Her seventh place finish at NCAA cross country was not as good as she had wanted, but the team did repeat its victory of the year before. An indoor NCAA 3000 meter championship, and an outdoor Big Ten 10,000 meter and 5000 meter double led to the 1986 NCAA outdoor track and field championships in Indianapolis.

The details of that championship weekend are heart wrenching. The author spent a lot of time with Herbst, Ormsby, and others involved with the events of the first night of the championships. There is also extensive coverage from many different newspapers and other interview material at the

time. After the media found out what happened to Ormsby, Herbst became a magnet. They wanted to know why it happened and if she would be next. From all accounts, Herbst handled herself with patience, insight, honesty, and intelligence. Many reasons are given for why Ormsby did what she did. The stress of college athletics is given some blame, as is the difficulty of trying to balance academics, athletics, and a normal life. I don't think any rational reasons can explain it all, and when things like this happen I tend to fall back on the reason given by the Boomtown Rats-- 'The silicon chip inside her head gets switched to overload.'

Herbst did add the 5000 meter championship that weekend, but the Ormsby situation would continue to effect her. She ran well her junior year of cross country, but she lost the team leader position to a freshman by the name of Suzy Favor (note: any book on women's distance running is improved by including Suzy). At the NCAA championship, Wisconsin lost a close race with Texas by only two points. By the end of indoor track, Herbst had all but lost her competitive spirit. She quit the track team. She detailed the reasons for this decision in a long letter to her sister, the same sister who got Stephanie out on her first run so many years ago. The letter shows the same insight, honesty, and intelligence that she showed in the media interviews of Indianapolis.

In the end, I'm really not sure how to review this book. Spike Lee once said something to the effect that a white person could not make an accurate movie about Malcolm X. I tend to agree with Spike on this, and I don't always agree with him. Similarly, I'm not sure that a man can accurately write the history of women's distance running or

give accurate insight into the Herbst-Ormsby story. So I'm not sure that I can give an accurate review of this book. Some issues are dealt with in this book that I think are especially difficult for men to cover accurately. The first is the issue of female athletes needing to look 'feminine.' As women's athletics developed over the 20th century, it helped a lot if the woman looked 'feminine.' The media also had to make a point that the female athletes could cook or sew or look really good. There are some interesting pieces lifted from 'Sport's Illustrated' from the 60's where the female track and field athletes are described in rather interesting terms. One blurb lists some imperfections of one athlete, but adds that the imperfections 'fit niftily with a smooth, pink complexion, a dazzling 36-24-36 figure, and a buoyant irresistible charm.' As a guy, I would tend to think that we have progressed quite a bit, but I would not be surprised if some women thought otherwise.

Another subject that is dealt with that men probably can't understand is eating disorders. I know that I can't understand them. In distance running, extra weight is bad. A cute excerpt is included in the book questioning the adage that you can't be too thin or too rich. After listing a number of problems associated with being too thin, it's added that there don't seem to be any negative effects from being too rich. From some statistics listed in the book, eating disorders were nearly epidemic in female collegiate distance runners in the mid-80s. I do recall someone coming back from an NCAA cross country championship meet in the mid-90s and com-

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Happy Birthday!

July 2002

** - New Age Group

James Gilligan **	7/1
Rick Leeds	7/1
Michael Porter	7/3
Joaquim Costa	7/3
Clyde H. Dolan	7/6
Janice Reid **	7/6
Debbie Smith **	7/8
Jenna Howard	7/8
Howard Gases **	7/8
Judith Samuel	7/10
George Kelly	7/12
Bob Mclaughlin	7/12
Judith M. Hey	7/15
Tommy Gilligan	7/16
Julian Zammit	7/17
Ed Lubowicki	7/17
Christina Kosh Dyke	7/17
David Hyman	7/21
Diane Romano	7/21
Sharon Rogers	7/25
Lisa R. Scott	7/25
Christopher Mech	7/25
Gerhard Wiesinger	7/26
Rob DeFilippis	7/27
Naoko Nishi **	7/28
Jim Norton	7/29
Judy Faherty	7/30

June 2002

Lorraine McPhillips	8/6
Tracy Ford	8/6
Kenneth Vercammen	8/7
Madeline Bost	8/7
Lois Brown-Klein	8/9
Carla MacDougall **	8/11
Bernadette Petit	8/14
John Nowatkowski	8/19
Robin Nowatkowski **	8/19
Lori Onufryk	8/20
Mel Kosmin	8/20
John Papp	8/21
Linda Zammit	8/23
Courtney Macdonald **	8/24
Jonathan Cruel	8/26
Jennifer Allen	8/27
Eva Fisher	8/29

Welcome New Members

July

Elizabeth Edwards Danbury CT
 Sonya Swahla Piscataway
 Tracy Ford New Brunswick

**RVRR Shorts and Singlets
for Sale**

Just in time for the racing season.

RVRR singlets-Coolmax White Mesh

Male: M, L, XL
 Female: M, L, XL

Cost per item is \$17. Mail check and 'Ship to' address to RVRR, PO Box 1197, Edison, NJ 08818-1197. Singlet will be mailed to you via first-class mail. High-split running shorts are also available at a clearance price of \$5 per item. Clothing is also available at Wednesday night runs. See **Ray Petit** or **Dana Gross**. △

**SAMUEL BIANCA, 62,
PISCATAWAY**

Published in the Home News Tribune 7/1/02

Samuel A. Bianca, 62, died Saturday in Bridgeton.

He was born in New Brunswick and had lived there prior to moving to Piscataway in 1961. He was a graduate of Rutgers University in New Brunswick, receiving his Bachelor of Arts Degree in 1967. He was presently employed by Atlantic Power Inc. of Castleton, N.Y. as a Territory Manager. He was a current member of the Coast Guard Auxiliary, and an educator at the Middlesex County Vocational School. He had enjoyed piloting

T-SHIRT DESIGN CONTEST!

RVRR is having a T-shirt design contest for the new Equinox 20K race to be held March 23, 2003.

If you would like to submit a design please send it to:
 T-Shirt Design Contest
 8 Cedar Court
 Bedminster, NJ 07921

OR Give your designs to Dana Gross or any of the other members of the Equinox 20K race committee.

All submissions must be in by the first week in September. Voting on the designs will take place at the September general membership meeting.

GOOD LUCK TO ALL!

private planes since 1957. He was an avid fisherman and motorcyclist. He was a communicant of Our Lady of Fatima in Piscataway.

He is survived by his wife, Ann (Donato) Bianca of Piscataway; his daughters, and son-in-law, Pamela and Wade Sjogren of Bridgeton, Mary and Richard Tangolics of Ocean Grove, and Julia and Mario Gargiulo of Belmar; two sisters, Diane Stankovits of Milltown and Patricia Cotter of Hillsborough; five grandchildren, Jeffery, Christopher, Eric, Josephine, and Marc, and two great-aunts, Mary Danis, and Dora Mosca, both of Sarasota, Fl.

Sam was also a member of the Raritan Valley Road Runners during a pivotal period of the club's history. From 1995 through 2001, Sam ran with us,

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Reviewing the Running Stuff Out There

menting that the women seemed much healthier looking than a few years before. Things have seemingly improved, but I still don't understand eating disorders.

Performance enhancing drugs are also dealt with in quite a bit of detail, especially as they concern the eastern bloc athletes. One serious knock that I have on the book is that it leaves the reader with the impression that all eastern bloc athletes knowingly took performance enhancing drugs, and no western athletes did. I seriously believe that that is far from the truth. One subject that was not covered that I thought should have been dealt with more is the fact that all of these lithe blondes, brunettes, and redheads were being coached by men. Granted, at that time there were really no women

with the credentials to be head coach, but I wonder how the female runners felt dealing with a male coach. I'm sure that the workout and race planning was not an issue, but when the athlete needed to talk to someone about more personal issues, she probably wasn't going to go to the coach's office. She probably wouldn't feel comfortable talking about many issues with a man, and he may not have any insights anyway.

The details of the Wisconsin distance crew is almost as enlightening as the details from the good part of 'Once a Runner.' I think that if a high school or college runner has read 'Once a Runner,' then he or she should read this book. 'Once a Runner' showed that glory can come from pushing your body

beyond the edge. 'The Silence of Great Distance' showed that glory can come from pushing your body beyond the edge, but is it really worth it? 'Once a Runner' makes the statement that if you want to be great, you have to train like someone possessed. 'The Silence of Great Distance' doesn't really dispute that, but asks if a little balance in life isn't better in the long run.

Final rating: êêê (out of four)

Recommended for: Anyone who read 'Once a Runner' and needs a good counterpoint. I think young female runners would learn a lot from this book. If you do read it, feel free to fast forward through the history parts that are boring.

Not recommended for: Anyone who has no interest in the history of distance running or women's distance running. Δ

What a Group !!



Raritan Valley Road Runners

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Former Presidents of RVRR

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996
Ray Petit	1997-1998
Trink Poynter	1999-2000

2001 Executive Board Members

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ironpete@aol.com

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2nd Vice President Dana Gross
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Treasurer Ken Ellis
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kellis@princeton.com

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Bob Townley

Alyson Cook

Gene Gugliotta
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Wednesday Night Runs

The Raritan Valley Road Runners have met weekly for *Sixteen* years of consecutive Wednesday night runs! **Come join us at 6:30 PM at the Highland Park Senior Citizen's and Youth Center at the intersection of Benner St. and S. 6th Ave.** Parking is available in well-lit lots adjacent to the building. Come dressed in your usual running garb. We are currently running the winter course that goes through the streets of Highland Park. Runs of 4.5 and 7 miles are offered. After the run join us for dinner!

Week Place

- 1 **Dolls** Rt. 27 South, 1st bldg. on right past railroad bridge, New Brunswick
- 2 **Dolls (again)**
- 3 **Tumulty's Pub**
- 4 **Dolls (again)**
- 5 **Szechwan Gourmet**
3 Livingston Ave., New Brunswick △

Saturday Towpath Runs

Every Saturday morning at 8 AM, we meet in Johnson Park, Piscataway at the Grove 5 parking lot for a group run. Take the oneway park road west from Landing Lane (between Landing Lane Bridge and River Rd). Turn left into the first parking lot. .

The run is out-and -back on the D&R Canal towpath. Typical distances vary from 4.8 to 20+ miles and runners of all levels are welcome! Runners should arrive by 7:50 AM to run with the group. In the event of the lot being closed, you can park in the lot near the end of the road at the Old Towne Village. △

SAMUEL BIANCA

(Continued from page 4)

laughed with us, organized events with us, and was what every club president wants in a member, active. Sam was instrumental, when we were losing our long-time home at the YM-YWHA, in the hunt for a new location. Without Sam's intervention, we probably could not have remained in Highland Park. At first we located at the old Rec Center, then Sam negotiated the Senior Center use that we still enjoy today.

Within his first year as a club member, Sam ran for and won a seat on the Board of Directors. After "retiring" from the Board, he agreed to return and serve as interim secretary when asked

to by our President. He and his wife Ann hosted the club Holiday Party for several years, and set the standard for gracious hosts. Sam always had a smile, a funny story, a way to make you feel better, and was a true inspiration to all of us who knew him. Anytime you thought you were busy, just ask Sam what he had planned for the weekend. Running was just one of the multitude of activities he enjoyed throughout his life.

Sam's death was an unexpected one, and one that came far too early. But we know that, wherever he is, Sam is enjoying himself, watching down over his family, and keeping busy. Our thoughts and prayers go out to Ann, Pam, Mary, Julia, and the entire Bianca family.

19th Annual RVRR Summer Series***Race 1 ~ June 11, 2002***

Club Member Results

PL	Name	Time
1	Jose Hernandez	17:10
2	Graeme Ackland	17:23
6	Tony Li	18:03
7	Chris Weiland	18:06
9	Doug Fitzhenry	18:13
12	Roger Price	18:27
15	Gene Gugliotta	19:02
18	Dave Hoch	19:12
20	Doug Brown	19:22
22	Charles Gadol	19:23
24	Carl Rocker	19:25
30	Michael Ferinden	20:24
32	Chas Schneekloth	20:36
34	Rick Lewis	20:54
37	Saul Duarte	21:13
38	Joy Jaworowski	21:16
39	Tom Ostroski	21:26
41	Ray Schick	21:42
42	Bill Pape	21:43
45	Ian Evans	22:04
49	Jane Ackland	22:25
52	David Brown	23:07
56	Larry Klimes	23:17
58	Mark Strawn	23:24
66	Frank Werner	24:10
68	Julie Mazza	24:18
70	Dana Gross	24:26
72	Ron York	24:37
76	Matthew Rutkowski	24:53
78	Sonya Swahla	24:55
81	Joann Coffee	25:08
82	Mary Foley	25:16
83	Paul Krentar	25:19
85	Leigh Walker	25:31
86	Imme Dyson	25:51
88	Rita Musanti	26:26
89	Robert Hopkins	26:42
91	Ray Petit	26:47
92	Stephen Kornstein	27:03
97	Lois Brown Klein	29:19
100	Rosemarie Strawn	29:31
104	Alice Tempel	29:50
105	R. Lemongello	30:09
107	Alethea Pape	30:11

19th Annual RVRR Summer Series***Race 2 ~ June 25, 2002 ~ Results***

Club Member Results

PL	Name	Time
1	Jose Hernandez	17:02
2	Graeme Ackland	17:13
8	Tony Li	17:35
10	Doug Fitzhenry	17:43
13	Chris Weiland	17:49
14	Gregory Mullins	17:50
15	Roger Price	17:53
25	Dave Hoch	19:16
26	Charles Gadol	19:17
28	Doug Brown	19:24
30	Gene Gugliotta	19:28
32	Carl Rocker	19:40
35	Charles Schneekloth	20:14
39	Kenneth Ellis	20:32
40	Saul Duarte	20:37
41	Joy Jaworowski	20:41
42	Jorge Rivera	21:09
44	Bill Pape	21:17
48	John Nowatkowski	21:52
50	Ian Evans	22:11
51	Jane Ackland	22:12
57	David Brown	22:42
58	Frank Werner	22:43
59	Bill Payayotte	22:45
60	Larry Klimes	22:46
62	Mark Strawn	22:55
64	Julie Mazza	23:04
74	Matthew Rutkowski	23:59
76	Ron York	24:02
80	Pati Rosen	24:21
81	Leigh Walker	24:23
82	Sonya Swahla	24:30
83	Tara Gallagher	24:30
84	Mary Foley	24:40
85	Paul Krentar	24:47
86	Joann Coffee	24:48
87	Imme Dyson	24:54
91	Rita Musanti	25:57
92	Robert Hopkins	26:04
94	Stephen Kornstein	27:08
98	Ray Petit M	27:42
101	Rosemarie Strawn	27:53
102	Robert Evans	28:03
104	Rosseanne Lemongello	28:21
109	Alice Tempel	30:10
113	Ed Adamsky	34:19

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C **CLUB MEMBERS!**

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